

# Advocacy Matters

A digital newsletter produced by the New Jersey Self-Advocacy Project

## Assistant Commissioner Liz Shea Attends NJSSAN Advisory Board Meeting

April 25, 2016: Assistant Commissioner Liz Shea with the Division of Developmental Disabilities (DDD) attended a meeting of the Advisory Board of the New Jersey Statewide Self-Advocacy Network. Assistant Commissioner Shea spoke about the upcoming changes to the service delivery system and answered questions from Self-Advocates who wanted to learn more about fee-for-service, incorporating Self-Advocacy into an Individualized Service Plan (ISP), and accessing affordable housing in the community. This was an excellent opportunity for advocates to learn about DDD and to communicate directly with a decision-maker within the Division.





# Learning to Live a Healthy Life in Gloucester County

The New Jersey Self-Advocacy Project team hosted a Healthy Lifestyles Project event at **Abilities Solutions** in Westville. Members learned about healthy snacking options, as well as how **portion control** can impact maintaining a healthy weight. Members participated in an **adaptive yoga** session and learned about **aromatherapy** for stress relief. All participants received a **toolkit** that contained a snack pack, measuring cup, portion control plates, and exercise band. Participants were encouraged to share these tools with roommates, parents, and support staff. To schedule a **free Healthy Lifestyles Project event** at your agency, please contact [\*\*NJSAP@ArcNJ.org\*\*](mailto:NJSAP@ArcNJ.org) today!



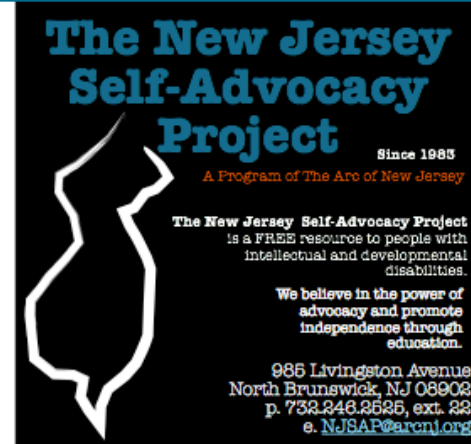


Thank you to  
everyone who  
joined us at the  
11th Annual  
New Jersey  
Statewide  
Self-Advocacy  
Network  
*Spring Into  
Action*  
Luncheon!





# Annual Self-Advocacy Group Advisor & Officer Workshop Positive Identity Development:



Direct Support Professionals as  
*Agents of Change* in the Lives of  
People with Developmental Disabilities

*This workshop is appropriate for Self-Advocates and staff members.*

## Southern Region:

Friday, May 13th

10 AM - 12 PM

**Location:** The Arc of Atlantic County

[6550 Delilah Rd, Egg Harbor Township, NJ  
08234](#)

**Pre-registration is required.**

Please contact Ashley at

[ARitchey@ArcNJ.org](mailto:ARitchey@ArcNJ.org)

or 732-246-2525, ext. 37  
to reserve your spot.

## Calling all Self-Advocates for the upcoming Senate Budget Hearing!

**Date: TUESDAY, MAY 3, 2016**

**Time: 10:00 AM**

**Location: New Jersey State House,  
125 West State Street Trenton, NJ 08625  
Committee Room 4, 1st Floor**

A Senate budget hearing will be held on Tuesday, May 3, 2016.

**Acting Commissioner Elizabeth Connolly** will speak before the **Senate Budget Committee**. She will talk about the Department of Human Services and the impact of the budget on their programs, initiatives and staff.

It would be great to have Self-Advocates in attendance to **support** DHS. This is also an opportunity to learn about the legislative process and to observe the Commissioner testifying.

**\*\*\* PLEASE NOTE:** This is **NOT** an opportunity to provide input or testify. Hearings are public, so you are welcome to attend and listen, but only the Commissioner will be speaking. She will deliver testimony and then answer questions from the Senators.

Please let a member of the **New Jersey Self-Advocacy Project team** know if you plan to attend this hearing.

If you have any questions, please call at 732-749-8514 or email [lseid@arcnj.org](mailto:lseid@arcnj.org)

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## Calling all Self-Advocates for the upcoming Assembly Budget Hearing!

**Date: MONDAY, MAY 16, 2016,**

**Time: 10:00 AM**

**Location: New Jersey State House  
125 West State Street Trenton, NJ 08625  
Committee Room 11, 4th Floor**

**Acting Commissioner Elizabeth Connolly** will speak before the **Assembly Budget Committee**.

She will talk about the Department of Human Services and the impact of the budget on their programs, initiatives and staff.

It would be great to have Self-Advocates in attendance to **support** DHS. This is also an opportunity to learn about the legislative process and to observe the Commissioner testifying.

**\*\*\* PLEASE NOTE:** This is **NOT** an opportunity to provide input or testify. Hearings are public, so you are welcome to attend and listen, but only the Commissioner will be speaking. She will deliver testimony and then answer questions from the Assembly members.

Please let a member of the **New Jersey Self-Advocacy Project team** know if you plan to attend this hearing.

entertaining and memorable short films featuring  
people with intellectual and developmental disabilities



**The Arc**  
*of New Jersey*

**Saturday, June 4, 2016**  
**11:00AM & 2:00PM**

**Rutgers the State University of NJ**  
**Busch Campus Center**  
**604 Bartholomew Road**  
**Piscataway, NJ**

**\$10.00 per person per show**  
**\$15.00 for a 2 show pass**

# sprout film festival

*making the invisible visible*



**To purchase tickets: Visit [www.sproutnj.org](http://www.sproutnj.org) to  
purchase tickets online or print a registration form  
and mail a check to The Arc of New Jersey.**

**For more information please contact  
The Arc of New Jersey at 732-749-8514.**

**Thank you to our sponsors**

  
**The Arc**  
*of Camden County*

New Jersey Council on Developmental Disabilities  
**NJCDD**  
njcdd.org





# The Arc of New Jersey Presents the Sprout Film Festival

The Arc of New Jersey is thrilled to announce that we will be hosting the Sprout Film Festival in New Jersey! Sprout is a touring film festival featuring films about and by people with intellectual and developmental disabilities.

## Sprout makes the invisible, visible!

Saturday, June 4, 2016  
Rutgers University Busch Campus Center  
604 Bartholomew Rd, Piscataway, NJ 08854

We will be holding two 75 minute showings, each with its own unique set of films

Show #1 - 11:15 am, doors open at 11:00 am  
Show #2 - 2:15 pm, doors open at 2:00 pm

Tickets are \$10.00 per person for each show. If you want to see both shows, pay just \$15.00 for a 2 show pass!

To purchase tickets, go to [www.sproutnj.org](http://www.sproutnj.org), or fill out this form and return it with a check made payable to The Arc of New Jersey.

Please send me the following tickets to Sprout:

\_\_\_\_\_ # of tickets to the 11:15 showing x \$10.00 = \$ \_\_\_\_\_

\_\_\_\_\_ # of tickets to the 2:15 showing x \$10.00 = \$ \_\_\_\_\_

\_\_\_\_\_ # of 2 Show Passes – see both shows for one discount price x \$15.00 = \$ \_\_\_\_\_

Name

Email

Phone

Mail this form and your check to Sprout Film Festival, The Arc of NJ, 985 Livingston Avenue, North Brunswick, NJ 08902.

or use your credit card #

exp date

Signature